ACCUSPLIT®

MODEL 170
DELUXE FITNESS METER
OPERATING INSTRUCTIONS

FOR BEST RESULTS
-Clip the pedometer firmly at your waist, above a knee.

STRIDE LENGTH SET MODE (in or cm)
(See EXCLUSIVE ACCURACY TIP)
For more accurate Distance calculation, set Stride Length. To determine Stride Length, stand with feet together on a line, then take 10 normal strides. Measure, in in. or cm., the total distance from the line to the toe of the foot on the 10th stride and divide by 10.
-Press (MODE) until Mode Indicator is under "DISTANCE".
-Press (SET) to change Stride Length (Mode Indicator is next to "STRIDE").
-Press (SET) to increase Stride Length setting by .25 ft. or 1 cm. (18-60 in. or 35-150 cm., with rollover to minimum setting). Automatic return to DISTANCE Mode.

STEP COUNT MODE (STEP)
-Press (MODE) until Mode Indicator is under "STEP".
-Measures ALL ACTIVITY Steps.

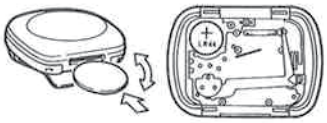
PEDOMETER MODE (MI/KM)
-Press (MODE) until Mode Indicator is under "DISTANCE".
-Measures ALL ACTIVITY Distance.

CALORIE MODE (CALORIE)
-Press (SET) to enter Weight Setting Mode.
-Press (SET) again to increase weight by 1 (70 to 320 lbs. or 30 to 120 kg.).
-Auto return to CALORIE Mode.

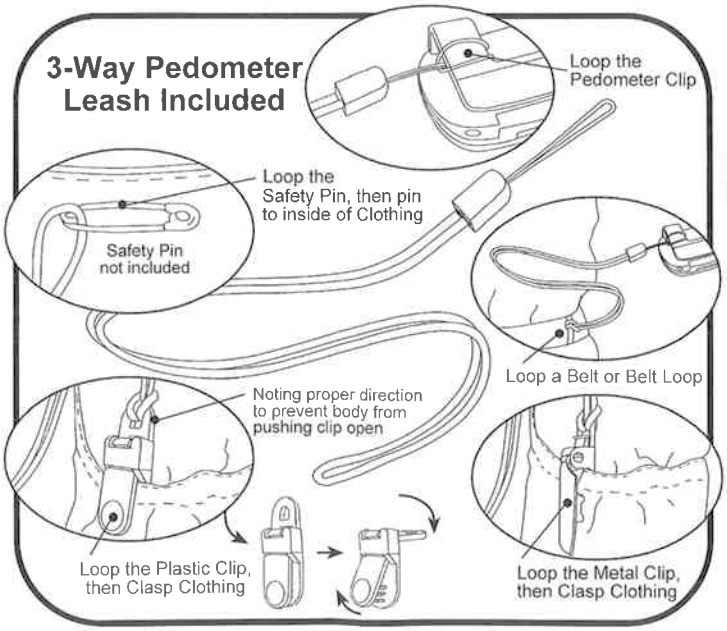
RESET
-Press (RESET) to reset Distance, Steps and Calories to 0.

EXCLUSIVE ACCURACY TIP
After setting Stride Length per instructions above, maximize the accuracy of Distance measurement by:
-Walking a measured 0.5 or 1.0 mile/km. (we recommend that you use a 1/4 mile/400 meter track like those found at a "high school").
-Comparing the DISTANCE recorded to the measured distance, and
-If UNDER recorded, resetting the STEP LENGTH to a longer setting, or if OVER recorded, resetting the STEP LENGTH to a shorter setting.
-Pushing RESET to return the display to 0.
-Walking the track again to test the adjustment, and re-adjusting accordingly.
-Once adjusted DO NOT ALLOW ANYONE ELSE TO CHANGE THE SETTING, because the Fitness Meter is now set for your style.
-You are now ready to walk or stroll any route, change that route freely and still get an accurate measurement of distance for your fitness or recreation program.

BATTERY REPLACEMENT
When the LCDisplay dims, replace the battery with LR-44 or equivalent.
-Use a coin to "pop open" the case.
-Replace battery with "+" up.
-Snap case parts together.
-Power Reset (see below).



POWER RESET
-Push all 3 buttons for 5 seconds and Release (All LCDisplay segments will be OFF, until a button is released.)


3-Way Pedometer Leash Included
Loop the Pedometer Clip
Loop the Safety Pin, then pin to inside of Clothing
Safety Pin not included
Loop a Belt or Belt Loop
Noting proper direction to prevent body from pushing clip open
Loop the Plastic Clip, then Clasp Clothing
Loop the Metal Clip, then Clasp Clothing

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Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle

NO-PROOF-OF-PURCHASE LIMITED WARRANTY
See label on back of unit for details, or check
http://support.ACCUSPLIT.com

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